

# Boost Your Inner Resilience



## A Holistic Approach to Immunity

**Want to fortify your body's defenses?**

A strong immune system is your best ally. Here's a holistic approach to naturally enhance your immunity:

### 1. Lung Power: Deep Breathing



Deep, conscious breathing **strengthens your lungs**, improving **oxygen intake** and circulation, vital for **immune function**.

**Practice diaphragmatic breathing:** inhale deeply through your nose, expand your belly, and exhale slowly through your mouth.

### 2. Gut Guardian: Fiber, Less Processed Food, and Probiotics

Your gut is the hub of your immune system.

**Fiber:** Feeds beneficial gut bacteria, crucial for immunity. Load up on **fruits, vegetables, and whole grains**.



**Less Processed Food:** Reduces inflammation, allowing your immune system to focus on its primary job.

**Pro/Pre biotics:** Introduce good bacteria through fermented rice drinks, buttermilk, curds, coconut oil or supplements to bolster gut health and immunity.

**PROBIOTICS** **PREBIOTICS**

### 3. Skin Shield: Sunlight and Oil Baths



Your skin is the first line of defense.

#### Sunlight:

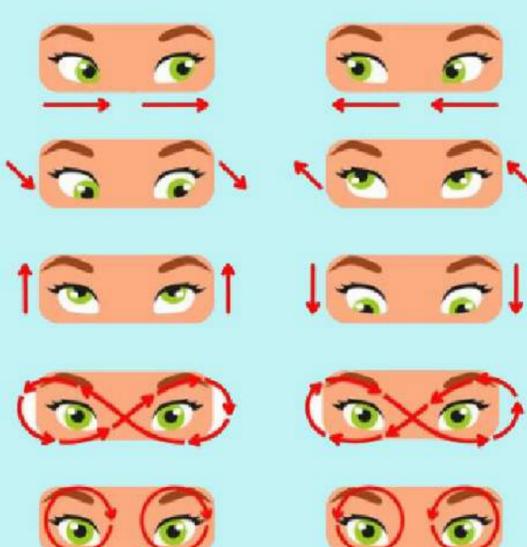
**Vitamin D**, synthesized from sunlight exposure, is essential for immune regulation. Aim for short periods of **sun exposure** (with appropriate precautions) a few times a week.

#### Oil Baths:

Traditional oil baths can nourish and protect the skin barrier, enhancing its protective function. Use Skin friendly oils like **Balaswagandha, Lakshadi, Mahamasha oils**



### 4. Eye Health: Eye Exercises



While not directly linked to systemic immunity, **healthy eyes contribute to overall well-being**. Regular eye exercises can reduce strain and maintain **good vision**. Try focusing on distant objects, rolling your eyes, and blinking frequently.

### 5. Digital Detox and Sleep Sanctuary

#### Less Screen Time:

Excessive screen time disrupts sleep, strains eyes, and can contribute to stress, all of which weaken immunity. Set boundaries and prioritize breaks from devices.



#### Regulated Sleep:

Sleep is crucial for immune repair and function. Aim for 7-9 hours of quality sleep each night. Establish a regular sleep schedule to optimize your body's natural rhythms.



### The Thumb Rules for a Resilient You:



**Eat When Hungry:** Listen to your body's hunger cues. Mindful eating supports digestion and overall health.

**Move Your Body Whenever You Can:** Physical activity boosts circulation, reduces stress, and strengthens immunity. Find activities you enjoy and incorporate them into your daily routine.

**Smile More Often:** Laughter is truly medicine! It reduces stress hormones and can positively impact your immune system.

Remember: These practices work synergistically. Combining them creates a powerful foundation for a robust immune system. Consult a healthcare professional for personalized advice.



For doubts and queries, please reach out:

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